

COMMON SENSE: HEMORRHOIDS

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1059- 01/06

The enlargement of a vein in the rectum creates hemorrhoids or "piles". Hemorrhoids can make sitting or moving the bowels painful. Bleeding may occur.

Daily care includes the following:

- Keep the area clean.
- Have regular bowel movements. (Regularity varies from person to person and does not necessarily mean having a bowel movement each day.)
- Avoid straining when having a bowel movement.
- Use warm compresses to relieve mild irritation, burning, and or itching.
- Drink plenty of water each day (at least 8 large glasses).
- Eat high fiber foods including fruits and vegetables.
- Daily exercise can help stimulate muscle tone and contribute to regular toilet habits.
- Natural fiber laxatives or hemorrhoid creams are available at the inmate store. These may provide additional relief of pain and discomfort. Follow the directions given on the package.
- Sitting on a towel that is rolled into a donut shape may help with discomfort.

Warning: Fill out an HNR if the laxative or cream does not relieve the symptoms indicated on the package.

Other Instructions:

